LESSONS & GIFTS –
A Life as Active Duty and Veteran

In the next few minutes-
1. Briefly review 50 years as a professional nurse & military officer – with work in 23 Countries and 22 addresses.
2. Share lessons & gifts
LESSON # 1

Have Your Words Encourage; Not Discourage

Setting: Fritz Farms

Memorable Moment: Mother, Daddy and Darrell

“You’re not college material”

In Life:

1) Study hard; seek positive mentors to help you along the way
2) Keep Compliments-to-Criticisms 10:1
3) Mentor someone else
LESSON #2

Train Hard; Fight Easy

Setting: Mizzou – U of MO – Army Student Nurse

Memorable Moment: BSN Program -136 students began and 38 graduated

Ms. Poundstone and 4am assignments—
“What’s going on here? What to do? Why?

In Life:

1) 5 Ps – “Prior planning prevents……..”
2) Prepare for/mentally rehearse for each day; each challenge
3) Journal every day – “Did good”
   “Needs work”
LESSON #3

Travel Light

**Setting:**
Army Officer Basic and Vietnam Jungle Training – Ft Sam, TX

**Memorable Moment:**
“Packing 101”-
One Duffle Bag and 5-6 one-ton Cargo Pallets
Don’t Collect Breakables and Excess

**In Life:**
1) Don’t carry “baggage” and “junk”-
2) Resolve things and/or Get Over It –

“I don’t like her…” “I don’t care.”
Plan Your Flight; Fly Your Plan

**Setting:**
Ft. Rucker AL Aviation School

**Memorable Flight School Moment:**
a) Learn Aerodynamics, Weather, Regs.
b) File a Flight Plan including Emergency and Alternate Landing Plans
c) Rehearse the Plan

**In Life:**
1) Plan ........and communicate plans
   Even in Pencil
2) EXECUTE!!!!!   Take Off!!!
LESSON
#5

Life’s an Adventure, Ma’am...
Step Up To The Plate

Setting: McGuire AFB & Enroute To Vietnam

Memorable Moment:
- The Hanger, Class A Uniform and 199 Soldiers
- Three-Day Journey to Vietnam

In Life:
1) Don’t shy away from a new adventure/role; it can bring joy, new skills & achievement.
2) Say “YES”
3) Take of this job…it will take care of next (Gen Odom – Bob Hope – Hussein)

Just Do It
LESSON

#6

A Team of People With Clear Focus Can Accomplish Much

Setting: South Vietnam Arrival
Memorable Moment: Colonial’s Priorities-
My Butt and Others’ Butts

In Life: For me and in teams-
1) Focus on 2-3 Priorities; Achieve
2) Put aside all the “stuff”
Leadership Implies Followership

Setting: Walter Reed Presidential Suite
Memorable Moment: My “Research Project” and Five-Star Omar Bradley’s Response

In Life:
1) In whatever leadership role, involve, care for and “take along” the troops.
2) Keep ‘em informed. Be transparent!!
3) Inspire; don’t drive!
4) “We” not “I”
LErrON

# 8

Wisdom Is-
Knowing When to Take Two Steps Forward and One Backward

**Setting:** King Hussein, Walter Reed and Jordan

**Memorable Moment:**

- **Wisdom:** “Choose Your Battles”
- **Moment:** “You’re still making progress”

**In Life:**

1) Don’t make everything a big deal.
2) Patiently persevere.
LESSON #9  Make A Difference-One Life At A Time

Setting:  Jordan Armed Forces – BG Slot
         Researcher – Educator – Leader Roles

Memorable Moment:  1) From “Assessing the Health Status of Bedouin Families”
                     to “Curriculum Design/Instructional Systems Dvlpmt”
                     and Dean
                     to helping assess and enhance 28 hospitals
                     2) One Person – How to Make a Difference?

In Life:  His Majesty: “Focus on each interaction...Be Present”
LESSON #10

Make A Difference

Setting: Assoc. Professor – 4 Universities
CEO or CCO – 6 Hospitals
Sr.V.P. Clinical Services & Ops – 23 countries (Middle East, Africa, Asia, Europe)

Memorable Moments: “Why do you still do this every day?”

In Life: At the end of each day,
“ Is ____ better because I was there?

“Go Where There is No Path and Leave a Trail”
The Six Gifts

1) Lifelong Learning –
   In 5 years, from Army Student Nurse - to CPT - to pilot –
   to combat veteran; to becoming a highly-prepared RN;
   to Arabic-speaker; to multi-cultural healthcare professional

   Through G.I. Bill, also paid for Masters and Doctoral coursework.
   The “love of learning” continues….message: “you can do it”

2) Lifelong Leader –
   From my first command enroute to Vietnam –
   to learning from role models like General Bradley and King
   Hussein – be a “servant leader”
3) Lifelong Colleagues –
See any Veteran wearing a service cap or any active duty in uniform, there is an immediate “shared experience” – a hug, a bond. Jordan Armed Forces embraced me as a colleague because of combat experience.

4) Lifelong Adventure –
Learned not to fear, but embrace change……”a world citizen.” Drop me off anywhere – Nigeria, Saudi, Philippines, wherever…… “What can I see and experience and learn here that I have not before?”
The Six Gifts

5) Lifelong Calm –
Through PTSD care, learned “to feel,” to cry again, and respond calmly to stressors.
My internal tape: “Is this as bad as Vietnam?”

6) Lifelong Patriot –
A flag-waver proud to be an American; who cries at the national anthem.
I am fully aware of how blessed we are.

The 6 precious gifts we receive ---- having served!
LESSONS & GIFTS –
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To those receiving scholarships –

We are so proud of you as you begin your careers.

“Go where there is no path, and leave a trail.”